

L'ESTHETIC

Chemical Peel Protocols

A. Pre-Application of Peel:

- Cleanse the skin thoroughly.
- Remove excessive grease and sebum with 70% alcohol solution.
- Protect the eyes using damp cotton pads & the nostrils and lips using petroleum jelly such as Vaseline.

B. Contra-indications:

- Retin A Cream used for Acne. Should be discontinued 7 days before and after treatment.
- **Strict Contra-indication:** Roaccutane: oral medicine for acne must cease 6 months prior to treatment.
- Benzoyl Peroxide: cream for Acne.
- Pregnancy or breast feeding
- Under 18 years of age unless consent is obtained from their doctor, consultant or dermatologist.
- Open wounds, eczema, psoriasis, and contact dermatitis.
- Client undergoing chemotherapy.
- Waxing in the treatment area.
- Freshly tanned skin.
- Any red face: inflammation from sunburn, hair removal preparations, shaving rash etc. Allow to subside before using a peel.
- Cold sores or Herpes Simplex infection
- Tendency for Keloid Scars Formation

C. Applying the Peel:

- Always follow the sequence as outlined below:
- Always use a clean applicator brush.
- Slightly overlap each area.
- Do not apply too thickly as skin may not be visible during application.
- Start timing the duration of the peel application from the moment you start applying the peel solution.
- Recommended application duration for the first session is as follows:
 - Anti-Ageing Peel (3 minutes)
 - Anti Acne Peel (3 minutes)
 - Lightning Depigmentation Peel (5 minutes)

- From second treatment session on, you can increase the application time by one minute (if the client tolerated the discomfort of the peel during the previous session)

NOTE: maximum application time is 7 minutes

- **Order of application**









1. The forehead (horizontal direction)
2. The lateral canthus (crow's feet) – vertical lines
3. Cheeks (semi-circular motion)
4. Naso-labial & peri-oral area (including jaw line)
5. The upper lip & chin (horizontal/circular in combination)
6. The nose (vertical motion)
7. Below the eyes (horizontal, maintaining a distance of 3mm under the lower eye lid)
8. Neck & décolletage – circular motion
9. Body – circular/vertical/horizontal motions combined as required.

DO NOT APPLY TO:

- Upper eye lids
- Tattooed eye-brows
- Fresh burns
- Arm pits
- Pubic region
- Scalp

C. Neutralization:

- After 3-7 minutes peels should be actively neutralised using the Neutralising solution (grey pack)
- All peels must be neutralized immediately if excessive erythema occurs.
- All peels must be neutralized if excessive frosting takes place. Use cool water. Frosting will normally appear within 60 to 90 seconds. This is to be expected & will disperse following neutralisation process.
- Keep Neutralizer on the skin for 2 minutes, massage well during this time. Expect a mild, stinging sensation immediately neutraliser is applied, this will disperse quickly, if stinging continues wash with cool water immediately.
- Thoroughly rinse the treatment area with cool water after neutralising the peel.
- A Hyperboost® jelly mask may be applied after the area has been rinsed. Finish off by applying a thin coat of high SPF cream (factor 50)

Indication	Peel Type	No. of Sessions	Frequency	Maintenance
Melasma	Lightening Depigmentation (yellow pack) 	4-6	Every 2 weeks	One session every 3-6 months
Pigmented Spots	Lightening Depigmentation (yellow pack) 	4-6	Every 2 weeks	One session every 3-6 months
Hyperpigmentation (from sunlight or post-surgery scar)	Lightening Depigmentation (yellow pack) 	4-6	Every 2 weeks	One session every 3-6 months
Acne (Non-Inflammatory/non-active acne)	Anti Acne (red pack) 	4-8	Every 2 weeks	One session every 3 months or more often as needed
Light acne scars	Anti Acne (red pack) 	6-8	Every 2 weeks	One session every 3-6 months
Blackheads & Comedones (bumps caused by acne)	Anti Acne (red pack) 	4-6	Every 2 weeks	One session every 3 months
Seborrhoea (excessively greasy skin)	Anti-Ageing (blue pack) 	3-4	Every 4 weeks	One session every 3-6 months
Mild to moderate wrinkles	Anti-Ageing (blue pack) 	4-6	Every 4 weeks	One session every 3-6 months
Ageing signs as a consequence of exposure to UV light (sun damage)	Anti-Ageing (blue pack) 	4-6	Every 4 weeks	One session every 3-6 months

Sagging, flaccid skin	Anti-Ageing (blue pack) ◆	4-6	Every 4 weeks	One session every 3-6 months
Ichthyosis (extremely dry skin)	Anti Ageing (blue pack) ◆	3-4	Every 4 weeks	One session every 3-6 months

Combination Therapy – Peels + Mesotherapy:

Acne: Alternate Anti-acne peel with mesotherapy treatments using Revitalize Pure serum

Spread treatments out with 2 weeks apart, start with peel. Encourage clients to commit to a course of 4 peels with 4 mesotherapy sessions sandwiched in between for optimum results.

For active acne, micro-needle a mixture of Revitalize Booster serum (2 x 1ml vials) mixed with Revitalize Pure serum (5mls). Shake the mixture well, apply 1ml mix per 10x10cm area. Repeat every 2 weeks or until the active stage of the breakout has subsided before commencing with the peel/meso combi therapy.

Hyperpigmentation: Alternate Lightening peel with Revitalize White Skin

Start with the peel, leave 2 weeks between treatments. Encourage clients to commit to 4 peels with 4 x micro-needling sessions sandwiched in between at 2 weekly intervals for optimum results.